

# Diet and Lifestyle Tips for Better Health Outcomes

## Diet and lifestyle play an important role in health.

Taking control of your health as a teenager can lead to lifelong positive health benefits. Early action is the best approach!<sup>1</sup>

### What does a healthy diet and lifestyle look like?

- ✓ Nutritious and balanced meals for breakfast, lunch and dinner<sup>2</sup>
- ✓ Healthy snacking
- ✓ Regular physical activity<sup>2</sup>
- ✓ Continuing healthy lifestyle choices into adulthood

Group-based exercise programs have been found to result in better outcomes for individual exercise goals over time.<sup>3</sup> Starting with a group exercise or sports activity is a good place to set your goals up for success!



Photo courtesy of Pixabay.com.

A healthy lifestyle starts with believing in yourself and your ability to live a healthy life.<sup>4</sup>



Photo courtesy of Pixabay.com.

### Set yourself up for success:

- ✓ Learn what a balanced diet looks like for your body
- ✓ Set goals for successful healthy eating outcomes
- ✓ Find a physical activity that motivates you
- ✓ Track your actions against your goals to review progress
- ✓ Take responsibility for your actions

Additional resources can be found at:  
[www.healthyteensclinic.com](http://www.healthyteensclinic.com)  
555-682-4598  
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